



**2021**  
**HERITAGE**  
**CENTER**  
**MONTHLY**  
**NEWSLETTER**





Aline Charles	October 3
Dorothy Dobson	October 6
Raymond Nix	October 6
Louise Jones	October 9
Bob Slonecker	October 10
Marlene Moyer	October 11
Vicki Chamberlain	October 13
Dick Ogle	October 13
Kathy Schwartz	October 13
John Sandoval	October 14
Alan Duvall	October 18
Susan Martin	October 18
Mary Vierow	October 20
Carol Graybill	October 21
Grace Schroeder	October 21
Nancy Pasqua	October 23
Wilmer Collette	October 26
Clark Bernhardt	October 30
Paulette Carpenter	October 30


### ANNIVERSARIES

Kristyne Hernandez (Roger)	October 8, 1988
Kevin & Selby White	October 21, 2004

Please join us for the Senior Citizen's Coub  
monthly birthday and anniversary celebration.

**Friday, October 25<sup>th</sup> @ 3:00 p.m.**

**OCTOBER 2021  
HERITAGE MEAL SITE  
FOR RESERVATIONS OR CANCELATIONS CALL 522-1237 BY 8:00 A.M.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1				
<p><b>Suggested Donation - \$4.00</b> <b>Under Age 60</b> <b>Mandatory Charge - \$12.50</b></p> <p>Menu may change due to availability of food items or conditions that cause the kitchen to close.</p>	<p><b>For Reservations</b> <b>Call 522-1237 by 8:00 a.m.</b> <b>the day you want the meal.</b></p> <p><b>If you must cancel your meal,</b> <b>please do so by 8:00 a.m.</b> <b>the day of the meal.</b></p>		 <p><i>Happy Halloween</i></p>	<p><b>SCALLOPED POTATOES &amp; HAM</b> <b>WINTER MIX VEGETABLES</b> <b>CARAWAY ROLL</b> <b>TROPICAL FRUIT CUP</b> <b>OATMEAL CHOCOLATE CHIP COOKIES</b></p> <p>Calories: 721 Carb: 96.5g Fiber: 9.6g Protein: 32.8g Fat: 24.5g Sod: 1001mg</p>
8				
<p><b>CHICKEN TETRAZZINI</b> <b>MARINATED VEGETABLE SALAD</b> <b>COUNTY MIX VEGETABLES</b> <b>ONION ROLL</b> <b>PINEAPPLE TIDBITS</b></p> <p>Calories: 677 Carb: 88.8g Fiber: 10.9g Protein: 37.0g Fat: 21.7g Sod: 573mg</p>	<p><b>CORN TACO CASSEROLE</b> <b>REFRIED BEANS</b> <b>TOSSED GREEN SALAD W/ DRESSING</b> <b>FRUIT CUP</b></p> <p>Calories: 664 Carb: 89.9g Fiber: 13.2g Protein: 35.8g Fat: 20.0g Sod: 763mg</p>	<p><b>SPRING GARDEN CHICKEN</b> <b>CALIFORNIA VEGETABLES</b> <b>ANNA'S DILLY BREAK</b> <b>BANANA SPLIT FRUIT CUP</b></p> <p>Calories: 667 Carb: 80.4g Fiber: 9.9g Protein: 44.7g Fat: 20.6g Sod: 742mg</p>	<p><b>HAM &amp; BEANS</b> <b>WALDORF SALAD</b> <b>CORN MUFFIN</b> <b>MANDARIN ORANGE W/ BANANAS</b> <b>APPLE GRANOLA COOKIES</b></p> <p>Calories: 795 Carb: 123.3g Fiber: 14.9g Protein: 30.8g Fat: 22.9 Sod: 1077mg</p>	<p><b>ROAST BEEF</b> <b>MASHED POTATOES W/ GRAVY</b> <b>PEAS &amp; CARROTS</b> <b>OATMEAL ROLLS</b> <b>PEAR ORANGE FRUIT CUP</b> <b>BUTTERSCOTCH BROWIES</b></p> <p>Calories: 732 Carb: 107.3g Fiber: 10.3g Protein: 33.9g Fat: 20.9g Sod: 757mg</p>
15				
<p><b>CHICKEN NOODLE SOUP</b> <b>CRACKERS</b> <b>PEAS</b> <b>BLUEBERRY MUFFIN</b> <b>PINEAPPLE MANDARIN ORANGE COMPOTE</b> <b>DARK BROWNIE</b></p> <p>Calories: 706 Carb: 101.4g Fiber: 11.9g Protein: 40.0g Fat: 17.9g Sod: 423mg</p>	<p><b>BRAISED BEEF</b> <b>MASHED POTATOES</b> <b>HARVARD BEETS</b> <b>ROLLS</b> <b>CINNAMON APPLE SLICES</b> <b>OATMEAL RAISIN COOKIES</b></p> <p>Calories: 660 Carb: 104.5g Fiber: 10.6g Protein: 28.0g Fat: 16.8g Sod: 867mg</p>	<p><b>SWEET &amp; SOUR PORK</b> <b>RICE</b> <b>SPINACH CAULIFLOWER SALAD</b> <b>WW ROLL</b> <b>PEAR ORANGE FRUIT CUP</b></p> <p>Calories: 712 Carb: 106.9g Fiber: 9.9g Protein: 32.0g Fat: 19.1g Sod: 481mg</p>	<p><b>BAKED FISH</b> <b>BAKED POTATO</b> <b>CAROLINA SALAD</b> <b>ANNA'S DILLY BREAD</b> <b>SLICED BANANAS</b></p> <p>Calories: 638 Carb: 106.1g Fiber: 9.7g Protein: 29.8g Fat: 13.5g Sod: 907mg</p>	<p><b>SALISBURY STEAK</b> <b>MASHED POTATOES</b> <b>PEAS &amp; CARROTS</b> <b>ONION ROLL</b> <b>PEAR SLICES</b> <b>ORANGE JUICE</b></p> <p>Calories: 745 Carb: 95.3g Fiber: 10.1g Protein: 43.6g Fat: 22.9g Sod: 739mg</p>
22				
<p><b>BEEF STROGANOFF W/ NOODLES</b> <b>LAYERED SALAD</b> <b>WINTER MIX VEGETABLES</b> <b>WW ROLL</b> <b>FRUIT CUP</b></p> <p>Calories: 640 Carb: 88.2g Fiber: 10.5g Protein: 37.1g Fat: 17.7g Sod: 714mg</p>	<p><b>SPAGHETTI w/ MEATSAUCE</b> <b>TOSSED GREEN SALAD w/ DRESSING</b> <b>GARLIC BREAD</b> <b>CINNAMON APPLE SLICES</b></p> <p>Calories: 610 Carb: 89.0g Fiber: 11.6g Protein: 30.3g Fat: 18.0g Sod: 413mg</p>	<p><b>BRUNSWICK STEW</b> <b>GREEN BEANS w/ TOMATOES</b> <b>ONION ROLL</b> <b>WINTER FRUIT CUP</b> <b>OATMEAL NUT COOKIE</b></p> <p>Calories: 672 Carb: 80.8g Fiber: 9.9g Protein: 36.9g Fat: 24.4g Sod: 620mg</p>	<p><b>SWISS STEAK</b> <b>BAKED POTATO</b> <b>ITALIAN VEGETABLES</b> <b>BRAN MUFFIN</b> <b>SLICED BANANAS</b></p> <p>Calories: 723 Carb: 95.5g Fiber: 12.9g Protein: 41.5g Fat: 22.2g Sod: 528mg</p>	<p><b>TUNA PENNE CASSEROLE</b> <b>CABBAGE TOSS</b> <b>BRAN MUFFIN</b> <b>APRICOT HALVES</b> <b>CINNAMON CRISPIES</b> <b>GRAPE JUICE</b></p> <p>Calories: 752 Carb: 118.9g Fiber: 11.6g Protein: 31.4g Fat: 20.6g Sod: 665mg</p>
29				
<p><b>SWEDISH MEATBALLS</b> <b>MASHED POTATOES</b> <b>STIR FRY VEGTABLES</b> <b>WW ROLL</b> <b>PEAR ORANGE FRUIT CUP</b></p> <p><b>BIRTHDAY RECOGNITION</b></p> <p>Calories: 645 Carb: 97.3g Fiber: 11.5g Protein: 33.4g Fat: 15.9g Sod: 663mg</p>	<p><b>BARBECUE CHICKEN</b> <b>BROCCOLI</b> <b>POTATO SALAD</b> <b>BRAN MUFFIN</b> <b>TROPICAL FRUIT CUP</b></p> <p>Calories: 700 Carb: 90.9g Fiber: 10.7g Protein: 41.9g Fat: 21.5g Sod: 1160mg</p>	<p><b>SMOTHERED PORK CHOP</b> <b>OVEN BROWNED POTATOES</b> <b>GREEN BEANS w/ CORN</b> <b>ONION ROLL</b> <b>MANDARIN ORANGES &amp; BANANAS</b> <b>OATMEAL NUT COOKIE</b></p> <p>Calories: 815 Carb: 107.1g Fiber: 9.7g Protein: 39.9g Fat: 27.7g Sod: 620mg</p>	<p><b>TUNA CROISSANT</b> <b>POTATO SOUP SUPREME</b> <b>CARROT RAISIN SALAD</b> <b>APRICOT HALVES</b></p> <p>Calories: 777 Carb: 125.5g Fiber: 11.2g Protein: 36.3g Fat: 18.1g Sod: 981mg</p>	<p><b>CABBAGE BURGERS</b> <b>BROCCOLI SALAD</b> <b>OREGON BERRY COMPOTE</b> <b>APPLE GRANOLA COOKIE</b></p> <p>Calories: 650 Carb: 89.7g Fiber: 11.5g Protein: 29.3g Fat: 21.5g Sod: 534mg</p>

## October 2021

Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Pool, Chess & checkers	<b>2</b> 6:30 Dance w/ live music \$7.00 Everyone Welcome Classic Country
<b>4</b> 10:00 SilverSneakers® Classic Noon Meet & eat 1:30 Cards & Pool 1:30 Pinochle	<b>5</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies 1:30 Billiards	<b>6</b> 10:00 SilverSneakers® Yoga Noon Meet 7 Eat 1:30 Cards, Pool, Mah Jong, Dominoes 1:30 Sr Citizen's Club Business Meeting	<b>7</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Billiards 2:00 Novice Tai chi	<b>8</b> 10:00 Qi gong Noon Meet & Eat 1:30 Cards, Pool Chess, Checkers 1:30-3:00 Apple Cider Bar	<b>9</b> 6:30 Dance w/ Jim Ehrlich All Ages Welcome \$7.00
<b>11</b> NO SilverSneakers® Yoga Today Noon Meet & Eat 1:00 Center closes in Observance of Columbus Day	<b>12</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies 1:30 Billiards 1:30 Rummy	<b>13</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Pool, Mah Jong, Dominoes, Cornhole	<b>14</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Billiards 1:30 Hand & Foot Canasta 2:00 Novice Tai chi	<b>15</b> 10:00 Qi gong Noon Meet & Eat 1:30 Cards, Pool, Checkers, Chess	<b>16</b> 6:30 Dance w/ Dan Dobson \$7.00 Public Invited
<b>18</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 1:30 Pinochle	<b>19</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies 1:30 Las Amigas Bridge Club 2:00 Billiards	<b>20</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Pool, Mah Jong Dominoes, Cornhole	<b>21</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Movie Matinee "Three Men & A Baby" 2:00 Novice Tai Chi	<b>22</b> 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Pool, Chess, Checkers	<b>23</b> Dance w/ FM Country \$7.00 Everyone Welcome
<b>25</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool	<b>26</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies 1:30 Rummy 1:30 Billiards	<b>27</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Pool, Mah Jong, Dominoes, Cornhole 3:00 Sr. Citizen's Club B-day & Annivr Party	<b>28</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Billiards 2:00 Novice Tai Chi	<b>29</b> 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Pool, Chess, Checkers 1:30 Apple Cider Bar & Costume Contest	<b>30</b> Dance w/ Ray & Pauletta Gerver \$7.00 All Ages Welcome

# LOGAN COUNTY HERITAGE CENTER

## ACTIVE AGING ADULT FITNESS CLASSES



### SilverSneakers® Yoga

Older Adult Group exercise from a chair or standing position that targets flexibility, range of movement, balance and mind-body integration.

**Monday & Wednesday mornings at 10:00 a.m.**

Some supplemental insurance will cover the expense of the class.  
\$2.00 a class for those with no applicable insurance coverage.

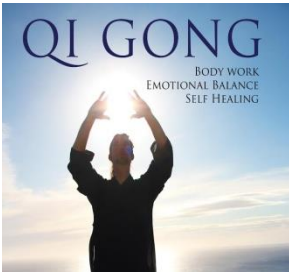
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### Qi Gong

This group will be meeting for exercise class led by DVD instruction on Friday mornings at 10:00 a.m. Stretches to clear stress and tension, acupressure to open energy meridians and flowing movement practices to draw in energy to counteract fatigue and boost immune health.

Please come and join us, this class is free.

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### SILVERSNEAKERS® CLASSIC

This group exercise program will help improve functional capacities, physical fitness and sense of well-being targeting strength, range of movement, agility, balance and coordination. Medicare Supplemental insurance can cover the cost of this class we would be glad to check your eligibility.

\$2.00 for those without eligible insurance.

**Tuesday and Thursday mornings at 10:00 a.m.**

Please come and join us.

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### NOVICE TAI CHI

This class is offered on Thursdays at 1:30 for those who have already completed a beginners Tai Chi class or are familiar with the practice. There is no instructor, this is a collaborated effort of those attending.



Guest speakers, guest instructors, Tai chi classes and other health related topics are offered throughout the year. Sign-up to receive our email newsletter to keep informed of upcoming opportunities to improve your health and to remain **ACTIVE while AGING.**



## RUMMY

New to the line-up at the Heritage Center is Rummy. We will be playing on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays of each month starting at 1:30 p.m. Bring a snack and enjoy the company of others in a relaxed atmosphere.



### Join the SENIOR CITIZEN'S CLUB

For Pinochle and Pool on  
Mondays, Wednesdays, & Fridays  
1: 30 start time, Snack break at 3:00  
Bring your quarters/ 50 cents a snack

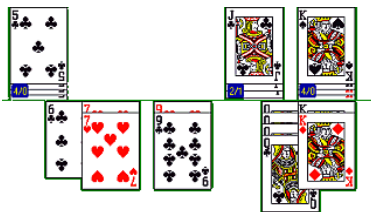


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## SEWING AND HOBBIES



Like to share ideas and work as a group. Bring what you want to work on and be prepared to talk/visit. All ideas/projects are welcome.



## HAND & FOOT CANASTA

2<sup>nd</sup> and 4<sup>th</sup> Thursday of each month  
1:30 – 4:00 p.m. Individuals or partners are welcome to join us to play hand and foot canasta. This is a great group to join if you have never played before and want to learn. Let us know you are coming by calling 522-1237.

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## MAH JONG, CHESS, DOMINOES, CORNHOLE

These other recreational games are offered throughout the month, we would love to get enough interest to start a league. Please call us or sign up for the newsletter to find out when these games are on the monthly calendar. Please provide your name and contact information so we can start forming leagues.

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## FOOT CARE CLINIC

2<sup>nd</sup> Tuesday of every other month

10:00-11:00 a.m. BY APPOINTMENT ONLY

Call 522-1237 to schedule your 15 minute appointment

Suggested donation no less than \$5.00

Please soak your feet before you come and bring a towel for your added comfort

Provided by Sterling MedCare Home Health



**Senior Citizen's Club  
Thanksgiving Dinner  
Wednesday, November 17<sup>th</sup>  
Noon  
\$12.00**

Tickets go on sale October 7<sup>TH</sup> The office will be closed from 10:00-12:00 so please do not come at this time to purchase tickets.

**Reservations REQUIRED, due by NOVEMBER 5<sup>th</sup>**  
**No exceptions**

**Tickets must be purchased ahead of time.**  
**Tickets WILL NOT be sold at the door**



**LENZ FAMILY FARM POTATOES**

Once again we will be a distribution site for locally grown (Holyoke/Wray) Lenz Potatoes. Place your order AND PAID by Friday at 4:00 p.m. Available for pick up on Monday after 1:00 p.m.

5 lb. bag of Yukon Gold \$2.50

50 lb. sack of No. 2's \$12.00

50 lb. carton "A" quality \$22.00

**New to the line-up at the Heritage Center is Rummy. We will be playing on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays of each month starting at 1:30 p.m. Bring a snack and enjoy the company of others in a relaxed atmosphere.**



# MOVIE MATINEE

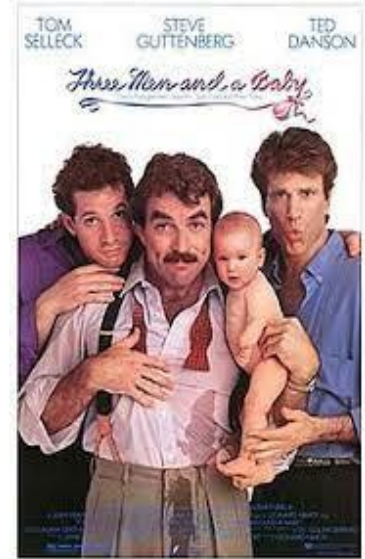
THURSDAY, OCTOBER 21st  
2:00 P.M.

## “Three Men and a Baby”

**Starring Tom Selleck, Ted Danson, Steve Guttenberg**

New York City roommates Peter (Tom Selleck), Michael (Steve Guttenberg) and Jack (Ted Danson) are all successful and happily unmarried, but Peter and Michael get the surprise of a lifetime when a young woman abandons an infant in front of their loft.

They also receive a letter stating that the child, named Mary, belongs to Jack, but he's away on business. Michael and Peter are then forced to care for Mary -- and though they make hopeless babysitters, they soon become quite attached to the girl.



## Medicare Part D: Open Enrollment October 15<sup>th</sup> – December 7<sup>th</sup>

Alaina Maus, Senior Citizen's Coordinator with the Area Agency on Aging will be scheduling a limited amount of appointments for the Medicare Part D open enrollment period. The Area Agency on Aging office is still trying to work out details in covering the six county area so please call (970) 522-1970 after October 12<sup>th</sup> to learn more and schedule an appointment.

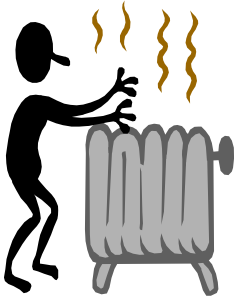


## DANCE SCHEDULE

Dances start at 6:30 with a \$7.00 charge for admission. Dance to live music until 10:00 p.m.

October 2 <sup>nd</sup>	Classic Country
October 9 <sup>th</sup>	Jim Ehrlich
October 16 <sup>th</sup>	Dan Dobson
October 23 <sup>rd</sup>	FM Country
October 30 <sup>th</sup>	Ray & Paulette Gerver



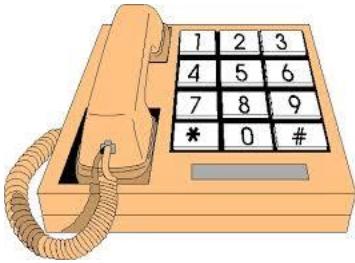


## L.E.A.P. starts November 1

The Low-income Energy Assistance Program starts November 1<sup>st</sup> and applications are accepted through April 30<sup>th</sup>. LEAP is a federally funded program that helps eligible hard working Colorado families, seniors and individuals pay a portion of their winter home heating costs. It is not intended to pay the entire cost of home heating, but rather to help alleviate some of the burden associated with the colder months. You can qualify if your monthly income for **1 person is \$2,759 or less or \$3,608 for a 2 person household.**

Applications available at the Heritage Center or Department of Human Services. Help completing the application is available through our local Dept. of Human Services office. For more information please call Cynthia at 522-1237 or

1-866-432-8435



## 10 Digit dialing begins Oct. 24<sup>th</sup>

Colorado Area Codes 719 and 970 The Federal Communications Commission (FCC) has adopted 988 as a new three-digit number to be used nationwide to reach the National Suicide Prevention and Mental Health Crisis Lifeline, starting July 16, 2022. In addition to changing the way you dial local calls, all services, automatic dialing equipment, or other types of equipment that are programmed to complete calls to 7-digit local numbers will need to be reprogrammed to complete calls to 10-digit numbers. Some examples are life safety systems or medical monitoring devices, PBXs, fax machines, Internet dial-up numbers, fire or burglar alarm and security systems or gates, speed dialers, mobile or other wireless phone contact lists, call forwarding settings, voicemail services and other similar functions. Be sure to check your website, personal and business stationery, advertising materials, personal and business checks, contact information, your personal or pet ID tags, and other such items to ensure the area code is included. What will remain the same? • Your telephone number, including current area code, will not change. • Local calls, coverage area, or other rates and services will not change due to the dialing change. • What is a local call now will remain a local call regardless of the number of digits dialed.



## APPLE CIDER BAR

We had so much fun visiting with friends and enjoying root beer floats on Friday afternoons in September we are going to keep trying these afternoon gatherings.

In October we will be offering Apple Cider (hot and cold) with all the fixings to take your apple cider from “good” to “amazing.”

Please come in and help us celebrate the harvest, enjoy a delicious cup of apple cider and conversation with others.

## CARD MAKING WITH JANE DESANTI

Every Tuesday afternoon in the month of November Jane will be providing us with card making kits and instruction. **Please make reservations so we have enough supplies by October 28th.** The cards can be kept or donated to homebound older adults and nursing home residents in December.

**November 2nd** we will learn and use to use ink, stamps, and die cutting to make cards.

**November 9th** we will be adding the magic of heat embossing.

**November 16th** is about incorporating embossing folders.

**November 23rd** learning the tips and tricks of ink blending.

**November 30th** we will assemble a paper gingerbread house



No experience necessary and anyone with experience is welcome!!